

TMI focus

Vol. XVI, No. 3

A Newsletter Of The Monroe Institute

Summer 1994

ACCORDING TO THE RULES

by Robert Monroe

As you know, being physical humans, we are beset with rules/laws (R/L) whatever way we turn. If we don't adhere to them, we eventually pay the price. Sometimes, it may be worth it. Also, we can create our own R/L if it suits our needs, to apply only to ourselves.



First and foremost, there are the R/L of the Earth Life System, and beyond that are absolutes. They are basic and immutable. It is worse than irrational to ignore them. Quick review:

CHANGE—This is constant and ever-present, the source of fears, worries, anxieties, and wars, which are attempts to prevent it or speed it up.

CAUSE AND EFFECT—Subtitled Action/Reaction and Authority/Responsibility. Sometimes we don't perceive the result because it is not present until months or years later, even after we depart for other energy systems. Most religious belief systems are based upon the latter.

EXPERIENCE, THE GREATEST TEACHER—Firsthand is the best, actually the only way one can truly know instead of simply believing. This is closely followed by direct observation, then by training and education.

SURVIVAL—A basic where we are now. Survival of self so that we can reproduce and maintain the species. It is a part of Earth drives in all flora and fauna through remarkably innovative ways. Scientifically, we construe it as no more than that, but there are many who know better. In humans and certainly some other species, it is much more.

YOU ARE THE TOP OF YOU—The Ultimate Boss, Honcho, Jefe, President, C.E.O. No one is more qualified to make final decisions regarding you because you know you best. Therefore it is irrational for you to blame another for what you do.

The reason for these reminders at this point is that in all our efforts through the years, we have sought to provide tools to help you grow and mature under these R/L. We have not attempted to bring solutions to human-created R/L because there are so many, they are different in each locality, and their interpretation changes constantly.

All of this is a means to introduce to you a new kind of freedom if you are a *GATEWAY* Graduate. It's a special new program, and we've given it the title *HIGH ADVENTURE*. It will be held only at the Institute Center in Virginia. What is so special and new about it? You, as a participant, will choose the exercises you want to take. You will make the decision as to what Hemi-Sync learning exercises you individually need or desire. You can set up your own schedule and change it daily if you wish. Self-empowerment! YOU make the decision because YOU know best for you.

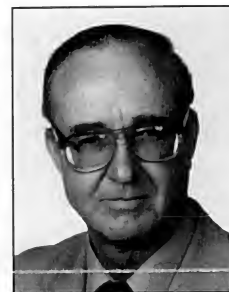
First of all, you can select from the initial *GATEWAY* program. You can repeat the tape exercises that were most effective for you, or use again those to which you feel

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LIFELINE—THE REST OF THE STORY

by Donald F. Grieve

For Donald Grieve, the overall result of attending *LIFELINE*, as well as the *GATEWAY VOYAGE* and *GUIDELINES II*, has been "to better understand that



life should be relished as an experience rather than endured as an ordeal!" He does still find that experiences like dental visits fall outside that philosophy, although *Focus 12* helps somewhat. Donald also feels he has "developed some understanding of what life is like beyond the present physical time-space" and "some idea of the purpose of our physical lives." However, the greatest impact by far "has been the personal knowledge that there is in fact life after death." Donald bases this knowledge on the events described below and other adventures in *Focus 23* and *Focus 27*.

During the *LIFELINE* program (actually on Thursday morning, December 3, 1992), we did a *Focus 23/ Focus 27* retrieval session. As I reported at the subsequent debriefing session, I had a completely unexpected meeting in *Focus 23*. I was just cruising along, when I suddenly came upon Bob, the former president of our company, who retired in 1989. Bob and I had been friends since 1956, although I had not seen much of him since

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THE DOLPHIN ENERGY CLUB—SOUTH AFRICAN NETWORK

by Maati Rose-Innes

Maati Rose-Innes is a Professional Member of The Monroe Institute and a partner, with Cedric van Heerden, in Creative Processes Ltd. of



Cape Town, South Africa. A deep interest in healing led Maati to join the Dolphin Energy Club at the end of 1992. Because she had been involved in healing groups of various persuasions in the past, it was natural to gather a number of her previous colleagues around her. Thus, the first DEC group was formed. Here is the story (through 1993) of how the group chose to organize themselves and their unique experiences with DEC energy work.

Some acronyms were chosen to make discussion within the group easier: **DEC**—the dolphin image that focuses healing energy;

ODEC—the partner/owner of a **DEC**;

DECMATE—the recipient of **DEC** energy, **DEC**'s playmate, the healee; and

DECPOD—**ODECS** who meet together for **DEC** work.

The initial **DECPOD** consisted of about eight members. All of them had completed the first two *Waves* of the *GATEWAY EXPERIENCE* and were thus familiar with the concepts of Focus 10, the Rebal, the Energy Conversion Box, the Energy Bar Tool, and the Living Body Map. The group then used two sessions for processing the *Dolphin Energy Club PREP* tape. For **DECPOD** sessions, a headphone harness connected everyone to the tape player. The **ODECS** usually lay on foam mattresses with a light blanket, according to the temperature. One person was designated as operator to start the tape, control the volume, and switch off.

At the start, we took it in turns to be the **DECMATE**. It seemed wise not to go

out and just try the **DEC** energy on a stranger before experiencing it ourselves. This proved to be quite enlightening. Group members suddenly realized that *they* were actually the **DECMATE**. They were about to expose themselves, and their inner secrets, to the highly gifted and perceptive people around them in the room—although it was only the Body Map that the **ODECS** were going to go into. Despite some apprehension, they went along with it.

After the **DEC** tape ended, the **ODECS** reported what they saw, heard, or felt. Then the **DECMATE** reported what he or she experienced. It was useful to make written notes immediately after coming out of the tape. That practice insured against forgetting information while listening to others report. A small, portable recorder was passed around for each to use in turn. Recollections differed widely, but there was a consensus: yes, there was something going on, and certainly there was a sense of well-being afterward. Also, the **DEC** energy seemed to work more prominently on the emotional body. Some **DECMATES** were overwhelmed and tears were common. Many felt a decided increase in body temperature which faded soon afterward. Early in the group's existence, participants felt rather disconnected at the end of the tape and took some minutes to "come back." It was important to have drinking water within reach, since everyone was also fairly thirsty afterward.

As they progressed together, each **ODEC** found his or her **DEC** developing individual characteristics. Some **DECS** acquired names. Mine is Tom, and he does what he wants to do, not what I tell him to do. **DECS** grow larger or smaller according to the circumstances. All of them snuggle up to their **ODECS** after a job. **DECS** have developed specialties: Tom works best with the physical body map, Jenny's **DEC** with the emotional map, etc. Cedric's **DEC** often refuses to go and do his bit and instead gives us a four- or five-scene movie as encouragement for the **DECMATE**.

DECMATES—other than **DECPOD** members—who come to sessions are connected up to the headphone network. They listen to the whole *Dolphin Energy Club* application tape with the rest of the group and are briefed beforehand about what is

going to happen. They are urged to just relax and flow with it, without expecting to see/hear/feel anything. After the tape, the usual reporting routine is observed. Then the guest **DECMATE** is asked to comment. Usually they say that they did not feel much as they went to sleep until near the end, but they now feel good and comfortable.

Only positive information is offered to the **DECMATE** in the **DECPOD** setting, and then circumspectly. Any other diagnoses or impressions are communicated afterward to me and shared later in private if this seems warranted. When the **DECMATE** is not present, the **ODEC** reports can be freer. However, only positive comments are passed on to the **DECMATE**.

The one rule of the *Dolphin Energy Club* is that the prospective **DECMATE** must "ask for help." This has not been so easy to explain, but it is insurance against any tendency of "healers" to want to go out and "save the whole world with their power." This basic principle that the **DECMATES**, in their conscious awareness, have to ask and do their bit by reporting progress is carefully observed.

The first attempt to find a **DECMATE** who was not in the room was rather difficult. Most **ODECS** were not sure whether they had managed to find the **DECMATE** at all. The following process was developed and found to be effective: one **ODEC** in the group is designated the leader to locate the **DECMATE**. This individual may have a photo of the **DECMATE**, know them personally, or know their location. When it is time to go to the **DECMATE** during the tape exercise, all the **ODECS** visualize their **DECS** swimming around the room for a short while. Then they follow the **DEC** who knows the "address" of the **DECMATE**. To strengthen the imagery, when the **DECS** leave the room they dive through an "S"-shaped stream of rainbow light—first up, then down the curved slope and into the ether following the leading **DEC** to the designated recipient. The procedure is reversed on the return trip with one exception: all the **DECS** remember to wriggle, wash, and cleanse themselves in the rainbow energy before snuggling back with their **ODEC**. On first hearing, this process may seem a bit silly, but it works just fine in practice. The **DECS** seem to have great fun

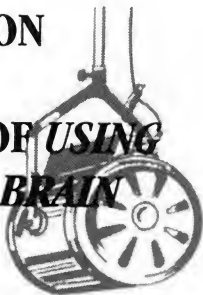
with it, and the "S" slope really gives the feeling of shooting up and out to the **DECMATE**. We've been informed that etheric energy seems to move in wave form rather than in a straight line.

During the months of working with the **DECPOD**, the most difficult aspects have been the interrelationship between the **ODECS** themselves and the inclination to consider oneself "a healer" and rather a special person as a result. This can introduce dissension and jealousy. The concept of sending one's **DEC** to do the work, rather than using personal energy, only partially circumvents this tendency. Intergroup gossip may arise and lead to simmering conflicts which even the most skillful handling cannot balance. One **DECPOD** was quietly discontinued as a result. This aspect is unlikely to be an issue in individual work. It is mentioned here as a caution to others considering group activity. We have grown from this, and all of our experiences, and appreciate the insights **DEC** service continues to give us.



SPOTLIGHT ON MEMBERS THE BIRTH OF USING THE WHOLE BRAIN

by Ronald Russell, MA



It's especially fitting that Ronald (Russ) Russell should inaugurate this new FOCUS feature. Russ and his wife, Jill, have been members of



The Monroe Institute Professional Division since 1987 and also serve on our Board of Advisors. In the following account, Russ describes the beginnings of their association with TMI and their determined efforts to disseminate Hemi-Sync in Great Britain. In the course of these efforts, they realized there was a need for a concise collection of accounts describing practical, everyday applica-

tions of the Monroe sound technology. From identification of the need, Russ moved to action. Over a period of three years, he collated and edited existing materials and solicited original contributions. His work culminated in the publication of Using the Whole Brain in early 1994. Russ generously donated this book and all proceeds to TMI. So, enjoy Russ's story and look for more accounts of member contributions and creativity in future issues.

In 1985, I retired from teaching. As Jill and I have sisters living in the United States, one in New Jersey and the other in North Carolina, we decided to take a month off in 1986 to visit them. A few weeks before we were due to fly we met, not by chance, a Cambridge couple—let's call them "J" and "P." They had just returned from a *GATEWAY VOYAGE* and several sessions of exploration in the lab at The Monroe Institute. "Whatever else you do," they insisted, "you must go to The Monroe Institute." So—and anyone who remembers J and P will understand why—we did.

For three days I was totally at a loss. Here were all these people, including Jill, reporting their experiences. Here was I, lying down, listening to sounds, getting up, and wondering what I was doing there. I might be touring the U.S.A., seeing all the wonderful sights of which I had read in the travel agent's brochures. Then . . . wham! In a *Free Flow* tape, something seemed to explode inside my head. Later I found myself weeping in the arms of a fellow *VOYAGE* participant, an anesthesiologist. Things were never the same again.

Every year since, we have returned to the Institute for programs and the annual Professional Seminars. Jill and I took the third *H-PLUS* intensive, two *GUIDELINES*, and the third *LIFELINE* program. We gave two Seminar presentations, joined the *Inner Circle*, and were invited onto the Board of Advisors. Back home, we devised courses and workshops using Hemi-Sync and ran an *H-PLUS* lending library. Following Bob Monroe's advice, we never advertised, but people always came. We introduced Hemi-Sync to various professional bodies as well as to very many individuals and carried on a large correspondence. Our relatives tolerated all this, smiling kindly from time to time, while

our children considered we were going through a slightly disturbing midlife crisis.

One of the things that bothered me from the beginning of our association with TMI was the lack of substantial printed information. There were Bob's books, of course, and many people contacted us after reading them. However, they did not deal with the more practical, everyday applications of the Hemi-Sync technology. There were brochures and TMI's own publications, but these were still not enough. What was missing was a book which was easily accessible and which carried accounts both by professionals using Hemi-Sync with their patients and clients and by those who used Hemi-Sync for their own personal development. As the author of several books, with some editorial experience, I reckoned this was a job for me.

At the 1990 Professional Seminar, therefore, the project which culminated in the publication in January 1994 of *Using the Whole Brain* was launched. It was some time before it left the harbor, but eventually consent forms for the use of material from The TMI FOCUS, BREAKTHROUGH and The HEMI-SYNC JOURNAL (formerly BREAKTHROUGH) began to arrive. Transcriptions of seminar presentation tapes were completed and specially written articles by a variety of contributors appeared in the mail. All the items were edited—I had to teach myself American spelling—with brief introductions to each, and organized into sections dealing with body, mind, and spirit, scientific and technical, and *OUTREACH*. The publishers, Hampton Roads, could not have been more cooperative or expeditious, despite the fact that no fewer than four disks were wiped out en route from Cambridge, England, to Norfolk, Virginia!

The intention behind *Using the Whole Brain* was to produce a book designed for anyone, whether course participant, casual tape purchaser, or member of the general public, curious to know more about human potential. It was not meant to take the place of scientific papers—still greatly needed—or detailed personal accounts, such as the recent *OMNI* article [reprints available], but to provide an overview of the practical applications of the Hemi-Sync process. As such, the emphasis was on presenting a

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RULES

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you needed additional exposure to make them more effective. You may want a different one at night from that scheduled in the regular *GATEWAY*. It's up to you.

Next, you can use as many of the *H-PLUS* Function learning exercises as you like. There are over fifty to pick from. Or you can use some of the *LIFE SPAN 2000* tapes, which offer from three to six related Function learnings in one exercise.

Then, you can sample tape exercises from the *GUIDELINES* program, which are designed to help you know and understand your Total Self more completely. This will let you decide if you want and need to participate in that program to concentrate on such important inner learning.

After that, there are selections you can make from the *LIFELINE* program exercises. With these, you can begin to explore the states of being just beyond physical life existence. These will let you understand what this program opens up for the participants therein. It is a profound, quantum step in self-knowledge.

In the same vein, there will be special exercises from the new *GOING HOME* series, which is being used by those with physical life-threatening illness or injury and their family and loved ones. These can provide some remarkable insights and knowledge as to the reality of the There.

Finally, there is a cluster of individual learning exercises ranging from healthful nap-taking, *METAMUSIC*, and de-habituation to self-controlled, conscious dreaming. These range from old favorites to the newest of our new.

There you have it—a type of learning system never before offered by the Institute or anyone else to our knowledge. The BASIC: You learn or experience what you know you need, and what you may find truly fun and exciting. You make the decision.

HIGH ADVENTURE—with a new, very personal meaning. The first charter program will begin on September 11 of this year. If you're interested in attending and are also a *GATEWAY* Graduate, call our Registrar, Helen Warring, at (804) 351-1252. Space is limited, so don't wait too long.



LIFELINE

Continued from page 1

his retirement. He was extremely well organized, had a great zest for life, and planned to live to be at least 100 years old. We were all sadly shocked and surprised when he suddenly developed pancreatic cancer early in 1991 and died within six weeks. At the time, I could only assume that he had been spiritually impatient to get on with further adventures. I was, therefore, totally amazed to encounter Bob still in Focus 23 in December, 1992. In the strangely carefree atmosphere that pervades the higher levels, we greeted each other.

"Hi, Bob," I said. "What the heck are you, of all people, still doing down here in Focus 23? There are miles better places to operate from! I'm not even dead, and I've been exploring all sorts of levels. In fact, I have a place in Focus 27 that would be a great hangout for you to start from."

Bob replied, "Actually, I like Focus 23. From here, I have been able to stay very close to Sylvia [his wife]. Also, I have been able to see what you guys are getting up to with the company!" He laughed about this.

"Well, Bob, why don't you at least try Focus 27? You could always come back down here again."

"Heck, I'll give it a whirl. Show me!"

At this stage, I remembered Bob Monroe's advice that souls you are leading up to Focus 27 can sometimes be attracted to the vibrations of an intermediate level and suddenly depart while en route. Hence, I asked Bob, "Before we go, do you have any messages you would like to pass on?" "Yes," he responded. "Please give my love to Sylvia." This seemed a pretty generic message, so I continued, "Bob, could you at least give me some special sign for Sylvia so she will know for sure it is from you?"

Bob pondered for a moment, and then I got a very clear vision of Sylvia wearing a bright red dress. The material was silky but had a texture woven into it. The belt was very wide on one side but tapered down so that it was narrow on the other. (When I first saw the dress, the belt seemed to be of the same material as the dress. Later, when writing my notes, it seemed that it could be very soft black calfskin. However, it was

definitely very wide on one side and narrow on the other.) Sylvia looked radiant in the dress, and it made an extremely strong impression on me. It was certainly a very special dress, and I wondered if Sylvia had been wearing it when they first met or something like that. Bob and I then took off for our journey to Focus 27. However, on our way up, Bob suddenly and happily dived off into Focus 25.

The Rest of the Story

Sylvia was traveling overseas when I got back. However, early this year (1993) I arranged to have a quiet talk with her. Sylvia is a very talented and attractive person who is active in volunteer work involving speech/hearing therapy and plays the piano. Spiritually, she could be described as a middle-of-the-road, church-going Christian. I was not sure how my story of heavy meditations and after-death-discussion with her late husband was going to go down! In any event, I cheerfully proceeded to describe The Monroe Institute, Hemi-Sync, and my various adventures in *GATEWAY*, *GUIDELINES II*, and *LIFELINE*. Sylvia listened intently and choked back tears as I finally described my meeting with Bob. When I mentioned the red dress, she wept but bravely hung in there until I had completed my story. It was a tremendously emotional experience for both of us.

Then Sylvia said, "Don, I know exactly what you are talking about when you describe that red dress. It was always Bob's favorite dress, and on any special occasion he would say, 'Sylvia, why don't you wear the red dress?' The red dress was something special for him and for me. In fact, I can show you the red dress." With that, Sylvia walked off into the bedroom and came back with the red dress on a hanger. It was bright red silk that had a texture woven into it. The belt was of the same material as the dress. The belt was very wide on the one side and tapered down to a narrower width on the other side ...

[Contact Helen Warring, Registrar, at (804) 361-1500 for more information on LIFELINE and other Institute programs.]



CREATIVE CORNER

As members explore and experiment with Hemi-Sync, unexpected wellsprings of creativity bubble up from within and demand expression. These expressions may be profound and poignant or lighthearted. We are happy to share one of them with you.

SOUL MATES

"Let them be, let them be,"

The Soul Cluster said in hushed and reverent tones.

"They have waited so long to find each other again."

THEY would meet, in that *other* side,

From *time to time* in one millennium or another—

Reckoned, at least, in human-side terms.

Their caring so strong, each had agreed:

They would perform their service to fill whatever need

At whatever *cost* but *cost* only as is computed on the human side,

Their deep love ceded to the greater good.

So it was they would find themselves

To be granted an occasion to work together.

And Soul Cluster would step back a bit and

Allow these two others of their kind

To be of service together.

Their hearts/souls would merge for the eon/minute and then

Disengage and softly, quietly, gently move on . . .

This once *she* had said, "Would you kiss me?" And he did.

And, being allowed this brief, precious moment while Soul

Cluster stepped aside, *THEY* sat upon a stairway and

Held hands until it was *time* to part.

Then *THEY*, on this human side, met one day and she recognized *him*

And for a wild, soaring time—still reckoned in human terms—

She was so full of the recognition and joy of it all

That she thought her heart would burst!

But, you see, on this human side, he was fulfilling (as was she)

Other kinds of commitments fully as real and necessary

As those of the other side . . .

And with other clusters of soul, the ones with human bodies.

Alas (perhaps this is the *HUMAN* word to use),

Upon stepping outside herself and looking with

Her *other-side* eyes—she *KNEW* she could not intrude and—

After some passage of human time—

With soaring *JOY* was able to

Bless and release him, and

Give thanks for having been allowed this *HUMAN* gift.

Their work continues on that other side,

While their humanness continues on this human side—

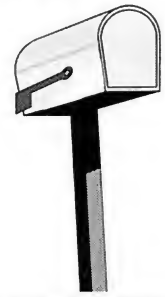
And School/Soul Cluster, after having observed the two

[after having allowed her this wonderful gift],

Approves All and Says: *WELCOME! YOU PASSED!*

cs 8/1/93

LETTERS... WE WANT STACKS AND STACKS OF LETTERS

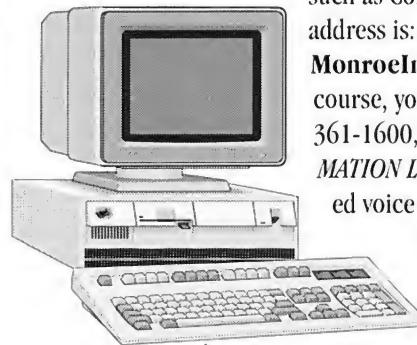


Every day TMI's sales and administrative staff fields numerous phone calls from across the United States and around the world. Sometimes each caller seems to have a different concern. That's where you come in. As Institute members who are well-versed in the use of Hemi-Sync, your success stories can be a vital contribution to our ability to respond to these queries. Tell us how you use our audio technology for spiritual, mental, physical, and emotional growth and change. Please send your remarks to the attention of Julie Mazo, Projects Director. Many thanks for your help.

NEW WAYS TO CONTACT TMI

Our official **E-MAIL** address is now **MonroeInst** for America On Line (AOL) users. For Internet users, either directly or from a BBS such as CompuServe, the E-Mail address is:

MonroeInst@AOL.com. Of course, you may still call (804) 361-1600, the **24-HOUR INFORMATION LINE**, to hear pre-recorded voice messages, to send or receive information by FAX, or to leave a voice mail message.



QUARTERLY TAPE *ENERGY GATHERING*

Once again, we are pleased to feature an exclusive tape selection from the *LIFESPAN 2000* residential program. *LIFESPAN* is a cornucopia of Hemi-Sync tools for coping and thriving in the midst of tremendous flux.

Energy Gathering is among the most elegant of those tools. You will become familiar with the Hemi-Sync patterns to open the Access Channel on Side One and learn to employ that knowledge in very practical ways on Side Two. Proficiency with *Energy Gathering* will allow you to calmly and confidently gather the personal energy that is you. Then, that energy may be focused and directed for your greatest benefit. The options are endless.

THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at
The Nancy Penn Center in Faber, Virginia.

1994

GATEWAY VOYAGE

July 9-15
July 30-August 5
August 20-26
September 17-23
October 8-14
November 5-11
December 3-9

GUIDELINES II

(A Graduate Program)
July 16-22
September 24-30
November 12-18

HIGH ADVENTURE

September 10-16

LIFELINE

(A Graduate Program)
August 6-12
October 15-21
December 10-16

PROFESSIONAL SEMINAR

July 23-29

The TMI FOCUS is published four times annually by The Monroe Institute, Route 1, Box 175, Faber, Virginia 22938-9749. Telephone (804) 361-1252. The Monroe Institute is dedicated to exploring and developing the uses and understanding of human consciousness. The FOCUS contains current information on Institute activities, applications of the Hemi-Sync® technology, and communication with Hemi-Sync participants and program graduates. Membership/subscription rates from \$50 to \$150 per year. Subscription only, \$25.

Editor: Shirley Bliley

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HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item, write or call the TMI FOCUS, The Monroe Institute.



Appearances

On April 14 and 16, author Gari Carter concluded her tour to promote *Healing Myself* in Charlottesville, VA. She told audiences at the Quest and New Dominion bookstores of the automobile accident that destroyed her face and of how the *Emergency Series* was an invaluable resource during the ensuing reconstructive surgeries. Gari also gave an interview for WVIR television and will be the keynote speaker at the 1994 Professional Seminar in July.

Books

The following titles are available from Interstate Industries, Inc.: *Healing Myself*, by Gari Carter (\$10.95, softcover, Hampton Roads Publishing Company, Inc.); *Mind Trek*, by Joseph McMoneagle (\$10.95, softcover, Hampton Roads Publishing Company, Inc.); *ULTIMATE JOURNEY*, by Robert A. Monroe (\$22.00 retail; \$19.80 members, hardcover, Doubleday); *Using the Whole Brain*, edited by Ronald Russell (\$14.95, softcover, Hampton Roads Publishing Company, Inc.).

Electronic Connections

Kazuo Shiroki, GATEWAY graduate and TMI Dealer/Distributor, wants to set up a BBS oriented to these groups. It would serve as a clearinghouse for news and research papers from the Institute, accounts of personal experiences, exchange of ideas, creating of graduate networks, and information

sharing among dealers. Interested parties may contact Kazuo at phone/FAX (604) 985-0241.

Journals *Psicosintesi- Psychosynthesis Institute Magazine*

"Mind-Brain Empowerment," by TMI Projects Director Julie Mazo, appeared in the October 1993 issue. Julie presented

a concise overview of the Hemi-Sync technology and its implications for enhancing self-determined mind-brain activity.

Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you.

CANADA

TORONTO, ONT

Blair Swanson
(416) 469-3549

VANCOUVER, BC

Carol Biernat
(604) 454-1557

SCOTLAND

FIFE

Robert and Penelope Gibson
(0337) 30767

NEW GALLOWAY

Jill and Ronald Russell
06442 357

U.S.A.

BETHESDA, MD

Helene N. Guttman
(301) 656-8980

BUTTE, MT

Leo McCarthy
(406) 494-3567

CAMBRIA, CA

Lealand Beck
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FINESVILLE, NJ

Pete Ennes
(908) 995-9493

HENDERSONVILLE, NC

Joe Gallenberger
(704) 693-4721

HORSHAM, PA

Chris Carey
(215) 653-0479

INDIANAPOLIS, IN

Shawn Casey
(317) 852-7727

JACKSON, WY

Tim Bradley
(307) 733-0907

LAKE CITY, SC

Jacqueline Simanek
(803) 394-8281

LAMBERTVILLE, MI

Eileen Tucker
(313) 856-5251

MT. JULIET, TN

Art and Jan Flint
(615) 758-4072

NEW YORK, NY

Ross Jacobs
(212) 929-0661

Al Swadichuto
(212) 228-3298

PLAYA DEL REY, CA

Marge Decuire
(310) 822-8080

PORTLAND, OR

Clayton Morgan
(503) 236-1705

Bill Oakes
(503) 288-5305 (w)

PETALUMA, CA

Hildegard Minstein
(707) 763-7537

TEMPE, AZ

Marcie A. Katler
(602) 968-3021

TOLEDO, OH

Eileen Tucker
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TULSA, OK

Bruce W. Freeman
(918) 445-0040

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The trainers listed in the Hemi-Sync *OUTREACH* section also welcome your calls.

Newsletters

The April issue of the *Hampton Roads Publishing Company Newsletter* announced that HRPC has arranged to sell Monroe tapes directly to their large and far-flung newsletter family. Our new E-Mail address was also provided.

Newspapers***Arizona Networking News***

The Spring 1994 issue featured "Sound of Mind and Body" by Professional Division Director Shirley Bliley. In this article, Shirley focused on the ability of sound in general and Hemi-Sync in particular to lead the

brain into states of relaxation, concentration, and meditative consciousness which enhance health and promote healing from injury and disease.

C'ville Review

"Monroe Institute: tune w/a view," by Steve Burger, headlined the *ADVENTURE* section in the March 23-April 5 issue of this local paper. Steve gave a detailed, enthusiastic, and accurate account of TMI today as well as its history and purpose. His reporting is a superb example of responsible journalism.

London Daily Mail

"Femail" for February 26, 1994, quotes Laboratory Director F. Holmes Atwater on TMI's observations of high-frequency temporal gamma among active healers as part of a story on healer Seka Nikolic.

The Daily Progress

TMI member Phyllis Popkin's activities as a gentle and considerate "ghost guide" were highlighted in *LIFE & LEISURE* for March 27, 1994. "So, who you gonna call?," by Charlottesville reporter David Maurer, was lucid and respectful coverage of Mrs. Popkin's unique service which is based on skills learned in *LIFELINE*.

The April 14, 1994, *LIFE & LEISURE* feature was "A Time To Heal," also by Daily Progress staff writer David Maurer. The story of Gari Carter's "disfiguring accident [which] didn't scar the spirit" was sensitively told and included information on The Monroe Institute and theoretical aspects of Hemi-Sync. Gari is quoted as saying that the *Emergency Series* tapes "proved to be nearly miraculous."

Publications

Inside Out, April 1994, vol. 1, no. 10. This outstanding self-empowerment publication is edited by Paulena Meyer. "Mental Chatter, Mental Static, or Just Plain 'Ol Noise," her article on attaining and sustaining mental clarity, included brainmap schematics contributed by TMI to illustrate alpha, beta, theta, and delta brain-wave patterns. Contact information for the Institute was provided in the Recommended Resources section.

**SPOTLIGHT**

Continued from page 3

variety of information in a readable style, in the hope that more and more people would be encouraged, as Bob puts it, to "go find out" for themselves.

Well, what have we found out? Firstly, that the simple, elegant process known as hemispheric synchronization works. Secondly, that exposure to Hemi-Sync can lead to such increase in awareness and perception as to change one's whole attitude toward life. And thirdly, that the investigation of consciousness by means of this "inner technology" is turning out to be one of the great advances in human understanding. Not bad for a handful of audio cassettes . . . but never forget the inspiration, the dedication, and the hundreds of hours of work behind each one of them.

And for the future? We would like to see more folks from Europe taking courses at TMI, but the course fees, plus transatlantic fares, are frequently more than most of those who attend our workshops can afford. Later this year we plan to move to New Galloway, in southwest Scotland. We hope to run short residential courses from time to time—designed to give participants a thorough grounding in Hemi-Sync, including *H-PLUS*, in a setting whose natural beauty is comparable to the New Land. We look forward to working with the new *GOING HOME* series and to other new tapes and products from TMI. Above all, we anticipate continuing and enriching our friendship with all those we have met in Virginia and to welcoming as many of them as can make their way to our new home.



HEMI-SYNC OUTREACH

The *OUTREACH* (formerly *GATEWAY OUTREACH*) program was created in 1985 to meet the many requests for Hemi-Sync training close to home. The first of the program's two primary components is the *EXCURSION* workshop. Developed out of the Institute's world-renowned *GATEWAY VOYAGE*, this is a two-day adventure into expansion of consciousness by gentle increments so that states of profound relaxation, deep contemplation, and communication with the higher self and with nonphysical energies may be experienced. Important personal revelations are com-

monplace during an *EXCURSION* workshop. Specifically designed tapes with the Hemi-Sync technology form the core of *EXCURSION*, together with explanation, discussion, and supportive group interaction.

With expanded applications of Hemi-Sync technology, the two-day *HUMAN PLUS* workshop was added to the *OUTREACH* program. This workshop, also built around Hemi-Sync tapes, enables greater personal control over mental, emotional, and physical well-being. It teaches skills for relaxation, concentration, memory, pain control, maintenance of physical health, creativity,

release of negative emotion, and much more. The emphasis is on learning practical tools to use in daily life.

These workshops, along with others designed to provide Hemi-Sync support for a wide variety of interests and personal goals, are offered throughout the United States and in other parts of the world by accredited *OUTREACH* Trainers. To learn more about *OUTREACH* workshops, contact one of the *OUTREACH* Trainers listed below.

OUTREACH Trainers

U.S.A.

ALBUQUERQUE, NM
Ralph & Karen Luciani
(505) 298-5338
BIRMINGHAM, AL
Nelson Marchant
(205) 595-3811
BOULDER, CO
Patricia Leva
(303) 543-9986
COLUMBIA, SC
Jacqueline Simanek
(803) 750-9207

COLUMBUS, OH

Thomas E. King
(614) 421-7117
FABER, VA
Suzanne Evans-Morris
(804) 361-2214
FITCHBURG, MA
Beatrice Niemi
(508) 345-5964
GLOUCESTER, MA
John H. Gray
(508) 281-4431
HILLSBOROUGH, NC
Lee Stone
(919) 644-6773

LAKE CITY, SC

Jacqueline Simanek
(803) 394-8281
LILY DALE, NY
Cheryl Olga Williams
(716) 595-3927
LONDON, KY
Pauline Johnson
(606) 878-1907
LUTZ, FL
Franceen King
(813) 971-8808
MONTVILLE, NJ
Judith Lerner Taylor
(201) 402-8142

NAPLES, FL

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